

DCRC Group Fitness Classes

Fitness Studio 1

	Monday	Tuesday	Wednesday	Thursday	Friday
5:45 - 6:40a	Step Beth		20/20/20 Beth	Barbell Kerry	Cardio Challenge Beth
7:30 - 8:25a	Power Sculpt Suzanne	PiYo Suzanne	Power Sculpt Suzanne	PiYo Suzanne	Power Sculpt Suzanne
8:30 - 9:25a	PiYo Suzanne	Barbell Kerry	Power Sculpt Suzanne	*Senior Sm group w/Jamie*	Butts & Guts Suzanne
9:30-10:25	Turbo Kick & Sculpt Kelly	Total Body Workout Shelley	Zumba Jill	20/20/20 Kerry	Power Sculpt Suzanne
10:45-11:40	*Zumba for Any Body*	10:35-11:30 *Hatha Yoga* Leslie	*Senior Yoga* Pat	10:35-11:30 *Hatha Yoga* Leslie	10:35 - 11:30 Barbell Sally
12:00-12:55	Zumba Jill	12 - 12:45p SculptXpress Julie	12-12:45 Hard Core Joni	Zumba Jill/Vicki	Barbell Mollie
	1 - 1:55p *Sm group w/Jill*	1 - 1:55p *Sm group w/Shelley	1 - 1:55p *Sm group w/Jill*	1 - 1:55p *Sm group w/Shelley	1:05 - 3:05p *Line Dancing*
	2:30 - 3:30p *PM Yoga*				
4:30-5:25p	Total Body Workout Elizabeth				
5:30 - 6:25p	Power Sculpt Suzanne	20/20/20 Kerry	Power Sculpt Suzanne	Barbell Becky	ZUMBA Aubrey
6:30-7:25p	ZUMBA Aubrey	*Hatha Yoga* Leslie	ZUMBA Angie	*Hatha Yoga* Leslie	*Karate/ Self Defense*
7:30 - 8:25p	7:35 - 8:30 Barbell Kara	7:35 - 8:30 Butts & Guts Renee	*Karate/ Self Defense*	*Zumba for Everyone* Belinda	

Classes with an (*) are program classes that run in sessions. See a DCRC Brochure for class times and fees.



May 1 - 31, 2013

Fitness Studio 2

Monday	Tuesday	Wednesday	Thursday	Friday
Spinning Lauren/Ann		Spinning Lauren		Spinning Stacey
Senior Sm group w/Jamie		8:30-9:25a *Pilates(B)* Carol		8:30-9:25a *Pilates(I)* Carol
Power Sculpt Suzanne	Spinning Bill G	*Pilates(I/A)* Carol	Spinning Ann	*Pilates (ADV)* Carol
10:35-11:30a *Mat Pilates Kelly	10:45-11:45a *Functional Fitness*	10:30-11:25a *Pilates(I)* Carol	10:45-11:45a *Senior Pilates*	10:30-11:25a *Pilates(B)* Carol
12-12:45p SpinXpress Julie	11:45-1:30p *HBC Group Training*	12-12:45p SpinXpress Julie	12-12:45p *PilatesXpress Julie	12-12:45p SpinXpress Stacey
1-3p *Dublin Shamrockettes*				
	5:30-6:25p *Pilates(I)* Carol		5:30-6:25p *BodyLine Pilates*	
6 - 6:45p SpinXpress Monica	6:30 - 7:25p *Pilates(I/A) Carol	6:30 - 7:15p SpinXpress Ellen	6:30 - 7:25p *Pilates(B) Carol	6 - 7pm Happy Hour Spin 5/3 only Kate
7-8p *Power Yoga* Lorella		7:30 - 8:25p *Pilates(B) Carol		
	7:45 - 8:40p Spinning Richard		7:45 - 8:40p Spinning Lori	

Saturday	Studio 1	Studio 2
8:15 - 9:10a	Barbell Kara/Kerry	8:30 - 9:30a Spinning Lori
9:15 -10:15a	Zumba Belinda	
10:30-11:30a	Total Body Workout Renee	

Sunday	Studio 1	Studio 2
9 - 9:55a	Core&More Kara	8:30 - 9:30a Spinning Bill G
2-3:30p	*Line Dancing	
4 - 5p	Barbell Becky	5-6pm *Yoga in Japanese*
6-7pm	Zumba Angie	

Group Exercise Class Descriptions

Group Fitness Classes:	
All Classes require either a Group Fitness pass, trial pass or separate class registration	
Barbell	A class designed to work each major muscle group using barbells and plates set to motivating music. M7:35p TU 8:30a TH 6a, 5:30p FR 10:35a, 12p SA 8:15a Su 4p
Butts & Guts	This toning class concentrates on strengthening the glutes and abs! TU 7:35p, FR 8:30a
Cardio Challenge	An interval style cardio/strength class that will have you running, jumping, squatting and sweating! FR 5:45a
Core & More	A class designed to work your abs and core in new and challenging ways...and more!! SU 9a
Hard Core	Work on your 6-pack with this new, NO SWEAT class to help you strengthen and define your core muscles. W12p
PiYo	A great combination of Pilates mat work and Yoga stretches and poses. M 8:30a, TU 7:30a, TH 7:30a
Power Sculpt	Tone-up and build muscle through this no-impact strength program using a variety of equipment. M 7:30a, 9:30a, 5:30p WE 7:30a, 8:30a, 5:30p FR 7:30a, 9:30a
SculptXpress	A 45 minute sculpting/strength training class perfect for your lunchtime workout! TU 12p
Step	A classic, high intensity cardio class using a Step platform and great choreography. M 5:45a
Total Body Workout	Challenge yourself with this athletic based cardio&strength class for a Total Body Workout! M 4:30p, TU 9:30a, SA 10:30a
Turbo Kick & Sculpt	A fast-paced kickboxing workout set to the hottest dance music followed with sculpting exercises. M 9:30a
20/20/20	Mix it up with 20 min. of Step/Bosu, 20 min.of Kickboxing and 20 min.of sculpting/abs. TU 5:30p, WE 5:45a, TH 9:30a
Zumba Basics	A 30 min.class to help you learn the basic Zumba steps and rhythms, then stay for the Zumba class that follows! SU 5:30p
Zumba	This fusion of Latin and international dance rhythms will have you moving and smiling as you get in shape! M 12p, 6:30p WE 9:30a, 6:30p, TH 12p, FR 5:30p, SA 9:15a, SU 6pm
Spinning (Indoor Cycling) Classes: Use your Group Fitness Pass or trial pass: If you are new to Spinning please arrive 5-10 minutes before class start time to learn proper bike set-up.	
Spinning	A 40 - 50 minute calorie-burning indoor cycling workout completed with cooldown and stretching. M 5:45a TU 9:30a, 7:45p WE 5:45a TH 9:30a, 7:45p FR 5:45a SA 8:30a SU 8:30a
SpinXpress	A 45 spin-only class great for a lunchtime workout! M 12p, 6p W 12p, 6:30p FR 12p
All classes denoted with an asterisk (*) are specialized, progressive classes that require a class fee and run on 4 - 6 week schedules. Check the DCRC Brochure or website www.dublin.oh.us for class descriptions, class schedules, and fees.	
*Mat Pilates	Strengthen your core/abdominal muscles with this class done on the mat-no machine required! M 10:35a
*Functional Fitness	A fitness class designed for active older adults to build strength, balance and coordination. Tu 10:45a
*Hatha Yoga	The ancient art of Hatha Yoga increases flexibility and strength while reducing stress and tension. Tu 10:35a, 6:30p TH 10:35a, 6:30p
*Pilates	Using the Pilates Reformer machine, this class helps build balanced strength and flexibility. See brochure for class ability levels.
*Power Yoga	A more physically challenging yoga class designed to develop strength, endurance, flexibility and balance. M 7p
*Senior Yoga and Pilates	Same format as the other classes with appropriate modifications for mature patrons. See Brochure for days/times
Line dancing	Learn some fun line dances while keeping in shape. Pay by the class at the DCRC front desk.
*Yoga in the PM	A relaxing Yoga class to help you rejuvenate and re-energize your day. M 2:30p
*Zumba for Any Body	A fun way to dance your self into shape! Slower paced, designed for seniors and those newer to Zumba. M 10:45a
*Zumba for Everyone	A Zumba workout but with more instruction on the steps and rhythms included - you must register for this class. TH 7:30p

Instructors

Andrea Ashley
 Peg Baun
 Monica Blakemore
 Julie Borghese
 Aubrey Poppel
 Patti DelCiello
 Jill D'Ooge
 Vicki Federico
 Jamie Friday
 Leslie Gabbard
 Ellen Georgeoff
 Sally Gill
 Lauren Glover
 Bill Guthery
 Belinda Gutierrez
 Angie Hise
 Richard Johnson
 Elizabeth Katsares
 Carol Laymon
 JoAnn McDaniel
 Bruce McVeety
 Joni Masby
 Renee Phillips
 Beth Politz
 Becky Riger
 Kara Schooley
 Kerry Sobieski
 Mollie Steiner
 Kelly Stone
 Lisa Strickland
 Kate Szumanski
 Suzanne Walker
 Shelley Ware
 Stacey Wellman
 Lori Wolfe
 Ann Young
 Loretta Zedella